



National Nutrient Database for Standard Reference  
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Statistics Report 35200, Prairie Turnips, raw (Northern Plains Indians)

Report Date: July 16, 2017 05:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	60.69	2	--	57.18	64.2	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Energy	kcal	156	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	654	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein <sup>1</sup>	g	2.62	2	--	2.6	2.65	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Total lipid (fat) <sup>1</sup>	g	0.36	2	--	0.34	0.38	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Ash <sup>1</sup>	g	0.65	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	35.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary <sup>1</sup>	g	8.0	2	--	7.2	8.8	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Sugars, total <sup>1</sup>	g	0.82	2	--	0.46	1.18	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Sucrose <a href="#">1</a>	g	0.16	2	--	0.07	0.24	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Glucose (dextrose) <a href="#">1</a>	g	0.42	2	--	0.07	0.76	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Fructose <a href="#">1</a>	g	0.17	2	--	0.07	0.27	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Lactose <a href="#">1</a>	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Maltose <a href="#">1</a>	g	0.07	2	--	0.07	0.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Galactose <a href="#">1</a>	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Starch <a href="#">1</a>	g	23.47	2	--	21.79	25.16	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	130	2	--	127	133	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Iron, Fe <a href="#">1</a>	mg	1.27	2	--	1.25	1.29	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Magnesium, Mg <a href="#">1</a>	mg	63	2	--	58	67	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Phosphorus, P <a href="#">1</a>	mg	31	2	--	28	34	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Potassium, K <a href="#">1</a>	mg	156	2	--	153	159	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Sodium, Na <a href="#">1</a>	mg	5	2	--	4	6	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Zinc, Zn <a href="#">1</a>	mg	0.37	2	--	0.35	0.39	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Copper, Cu <a href="#">1</a>	mg	0.053	2	--	0.05	0.06	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Manganese, Mn <a href="#">1</a>	mg	0.266	2	--	0.26	0.28	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Selenium, Se <a href="#">1</a>	µg	14.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	5.5	2	--	4.2	6.9	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Thiamin <a href="#">1</a>	mg	0.178	2	--	0.14	0.22	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Riboflavin <a href="#">1</a>	mg	0.090	2	--	0.09	0.09	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Niacin <sup>1</sup>	mg	1.071	2	--	0.97	1.17	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin B-6 <sup>1</sup>	mg	0.470	2	--	0.46	0.48	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Folate, total <sup>1 a</sup>	μg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, food <sup>1</sup>	μg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Choline, total <sup>1</sup>	mg	4.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Betaine <sup>1</sup>	mg	0.1	2	--	0.1	0.1	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin K (phylloquinone) <sup>1</sup>	μg	0.0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD

#### Footnotes

<sup>a</sup> Includes only 5-methyltetrahydrofolate.